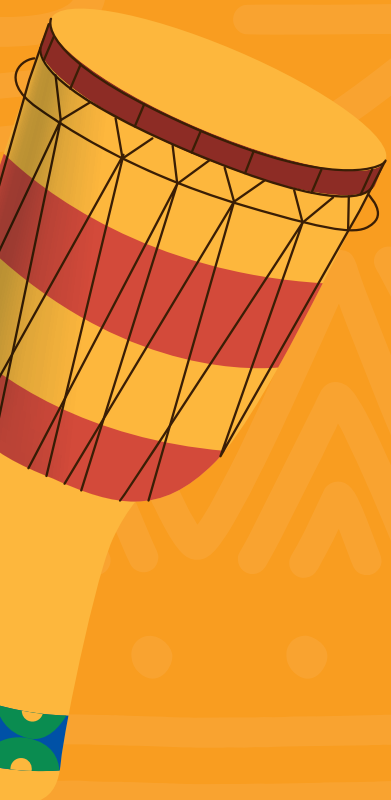


# INTERNATIONAL DANCE DAY

29 APRIL 2022





# TRADITIONAL AFRICAN DANCES



## ISIPANTSULA

IsiPantsula is a South African dance style that began making an appearance in the 1950s and 1960's. The dance style is based on on-the-spot rhythmic footwork, it is quick-stepping, with a distinct influence of tap dancing, blended with everyday gestures.

## AMAPIANO

Amapiano is Zulu for "The Pianos", popularly known as the Yanos. Amapiano is a style of House music from South Africa that emerged around 2012. The birth of the Amapiano gave incentive to the Amapiano dance style, which features quick-step movements and body-popping.





## **GQOM**

Gqom is a Zulu word meaning 'drum' or 'hitting a drum.' Gqom originated in Durban on the coast of KwaZulu-Natal. With the Gqom genre, a dance emerged called Bhenga. The dance style is characterised by movements of wavy arms, toe-tapping and wobbly knees; and requires proper footwork.

## **IS'BUJWA**

Is'bujwa was invented by young dancers from Soweto in the 1990s. This is a freestyle dance style which is comprised of elements of Hip Hop, Jive and isiPantsula. This style of dance is energetic and requires extensive muscle movement and creativity from dancers.

